

Polenta with red peppers & fontina

Yield: 6 servings (serving size 2 cups)

prep: 40 mins. cook: 30 mins.

3 large red bell peppers
1 can (14 ½ oz) whole
tomatoes, undrained and
chopped
1 (16 oz) tube polenta, cut
crosswise into 12 slices
1 ¼ cup (5 oz) shredded
fontina cheese
Fresh basil

1. Preheat broiler

2. Cut peppers in half lengthwise; discard seeds & membranes. Place pepper halves, skin sides up, on foil lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Place in a zip-top bag; seal. Let stand 15 minutes. Peel and cut into strips.

3. Preheat oven to 350.

4. Drain tomatoes in sieve over bowl; reserve liquid. Heat a large skillet over medium-low heat; add tomatoes. Cook 1 minute. Gradually add tomato liquid; simmer 1 minute. Add bell pepper; simmer 5 minutes. Remove from heat.

5. Spread $\frac{1}{4}$ cup pepper sauce in bottom of a 13 x 9 baking dish coated with cooking spray. Arrange polenta slices

over pepper sauce; spread remaining pepper sauce over polenta. Sprinkle with cheese. Bake at 350 for 25 minutes. Garnish with fresh basil.

Greens and Cheese Pie

1. Heat oil in a large skillet over med-high heat. Add onions, saute 4 mins. Add fennel, saute 3 mins. Remove onion mixture from pan and cool. Add spinach to pan, saute until wilts. Press excess moisture out of spinach in colander. Repeat with mustard greens. Combine onion mixture, greens, feta, and herbs.

2. Layer a few phyllo sheets in a 13x9 baking dish, brushing each with olive oil. Spread greens mixture over the phyllo. Layer a few phyllo sheets on top of the greens, brushing each with olive oil. Fold edges in and brush top with olive oil. Bake at 375 for 50 mins, cool for 15 mins.

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